

# Nutrient Information

## Prince William County Middle Schools

### 2017-2018

	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)	Total Sugars (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)		Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)	Total Sugars (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
<b>BREAKFAST PROTEINS &amp; GRAINS</b>														<b>BREADS &amp; GRAINS</b>													
Banana Bread	280	5	44	10	2	25	0	2	220	1	100	0	80	Banana Bread	280	5	44	10	2	25	0	2	220	1	100	0	80
Cereal, Cinnamon Flakes	100	2	24	0	0	6	0	3	170	8	750	21	0	Bun, Hamburger	130	6	27	2	0	3	0	4	220	1	0	0	20
Cereal, Cinnamon Toast Crunch	110	1	22	3	1	6	0	3	160	4	400	5	200	Bun, Hot Dog	130	6	27	2	0	3	0	4	220	1	0	0	20
Cereal, Corn Chex	100	2	24	1	0	3	0	1	200	7	500	5	80	Bun, Slider	90	4	16	1	0	2	0	2	140	1	0	0	100
Cereal, Frosted Flakes	100	2	24	0	0	7	0	2	160	8	750	21	0	Cilantro Lime Rice	145	2	24	5	0	0	0	1	4	0	17	1	9
Cereal, Frosted Mini-Wheats	100	3	24	0	0	6	0	3	0	8	0	0	0	Cinnamon Roll	311	7	57	7	2	20	8	4	308	2	102	0	17
Cereal, Frosted Mini-Wheats, Choc	100	3	23	1	0	6	0	3	105	8	0	0	0	Crackers, 2 Pkgs	60	1	9	2	1	1	0	1	105	0	0	0	20
Cereal, Multigrain Cheerios	100	2	23	1	0	6	0	2	110	7	500	6	80	Crackers, 4 Pkgs	120	2	18	3	1	2	0	2	210	1	0	0	40
Cheese Stick, Marble	110	7	1	9	5	0	30	0	170	0	300	0	200	Crackers, Graham	60	1	11	2	0	3	0	1	65	0	300	0	60
Cheese Stick, Mozzarella	90	7	0	7	5	0	20	0	95	3	400	0	250	Dinner Roll	103	3	16	3	1	2	3	1	158	1	41	0	2
Chicken Slider	204	14	25	5	1	2	28	3	361	2	104	0	108	Garlic Bread	109	3	16	4	1	2	5	1	158	1	61	0	3
Egg & Cheese Sandwich	240	9	31	9	3	6	115	3	350	2	200	12	100	Mini Pancakes - Blueberry	240	5	42	6	1	15	3	3	190	2	0	0	40
French Toast Sticks	360	9	57	11	2	15	15	3	390	1	0	0	60	Nacho Chips (2 oz)	280	4	38	12	2	0	0	2	0	2	0	0	40
Fruit Smoothie - Blueberry	194	6	41	1	0	33	6	3	84	0	283	5	386	Nutri-Grain Bar, Apple Cinnamon	160	2	30	4	1	14	0	3	130	2	750	0	200
Fruit Smoothie - Chocolate Banana	300	9	68	1	0	45	5	5	134	1	359	15	460	Pasta & Flame Roasted Veg	92	2	13	3	1	2	0	2	205	1	770	9	21
Fruit Smoothie - Green	332	7	80	1	0	54	3	6	66	1	2988	61	368	Rice	144	2	23	5	0	0	0	1	3	0	0	0	8
Fruit Smoothie - Orange	270	9	56	1	1	47	9	2	113	0	416	96	483	Spaghetti Noodles	216	7	42	2	0	2	0	2	6	2	0	0	18
Fruit Smoothie - Pumpkin	194	8	38	1	1	29	9	3	112	1	9737	4	477	Stuffing	188	3	18	12	6	3	25	2	185	1	249	1	15
Fruit Smoothie - Strawberry	194	8	39	1	1	28	9	3	109	1	307	63	477	Sub Roll	140	6	26	2	0	2	0	3	250	2	0	0	60
Fruit Smoothie - Strawberry Banana	245	8	52	2	1	35	9	4	110	1	328	39	469	Tortilla Chips (1 oz)	140	2	19	6	1	0	0	1	0	1	0	0	20
Fruit Smoothie - Tropical	290	5	69	0	0	53	3	4	57	1	188	67	334	Tortilla Chips (2 oz)	280	4	38	12	2	0	0	2	0	2	0	0	40
Fruit Smoothie - Very Berry	206	8	41	2	1	31	9	4	108	1	308	34	471	Tortilla Wrap (9-inch)	170	4	29	5	3	2	0	3	150	1	0	0	40
Granola	120	3	20	4	0	6	0	2	75	1	0	0	0	Tortillas, Soft (2 6-inch)	180	4	30	5	3	2	0	4	150	1	0	0	40
Ham & Cheese Croissant	180	11	17	8	4	2	20	1	460	1	300	0	100	Tostitos Scoops, Baked	110	2	19	3	0	1	0	2	115	0	0	0	20
Mini Pancakes - Blueberry	240	5	42	6	1	15	3	3	190	2	0	0	40	Waffles (2 Waffles)	170	4	27	6	2	3	10	3	380	5	1000	0	100
Nutri-Grain Bar, Apple Cinnamon	160	2	30	4	1	14	0	3	130	2	750	0	200	Wild Berry Bread	270	6	43	9	2	24	0	2	190	1	100	0	100
Pancake Puppy	200	7	17	10	3	4	25	3	310	2	0	0	20	<b>MILK</b>													
Pancake Sandwich	220	4	35	7	1	11	10	2	260	1	0	0	100	1% Lowfat Unflavored	110	9	12	2	2	12	15	0	115	0	500	2	250
Sausage & Cheese Pita	140	9	12	7	3	1	30	1	470	1	0	0	80	Fat Free Chocolate	110	8	19	0	0	18	5	0	160	0	500	0	300
Sausage Breakfast Pizza	210	10	25	8	2	9	15	2	430	1	200	0	150	Fat Free Strawberry	110	8	20	0	0	18	5	0	125	0	500	0	300
Strawberry Bagel-ful	180	6	32	3	2	6	5	3	160	2	100	2	20	Skim	90	8	11	0	0	11	5	0	125	0	500	2	300
Wild Berry Bread	270	6	43	9	2	24	0	2	190	1	100	0	100	Vanilla Soy Milk	150	9	18	5	1	17	0	1	180	1	500	0	350
Yogurt	90	3	19	0	0	14	0	0	50	0	0	1	300														



School Food and Nutrition Services  
Prince William County Public Schools

<http://pwcsnutrition.com>

	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)	Total Sugars (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)		Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)	Total Sugars (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
LUNCH ENTRÉE (PROTEINS/GRAINS)														LUNCH ENTRÉE (PROTEINS/GRAINS)													
Alfredo Sauce	194	12	5	15	9	2	44	0	793	0	167	0	448	Meatloaf	190	11	8	12	6	5	40	1	390	1	200	9	60
Baja Fish Sticks	230	14	20	10	2	0	50	2	470	0	500	1	20	Mini Calzones (w/o Dipping Sauce)	350	24	34	13	7	6	30	5	390	2	400	15	350
BBQ Pulled Pork (w/o Bun)	176	16	6	10	3	5	56	0	298	2	0	1	0	Peanut Butter & Jelly Pocket Sandwich	310	10	34	16	3	12	0	4	310	1	0	0	60
Beef & Broccoli (w/o Rice)	264	23	31	5	2	25	69	1	437	2	2647	25	33	Pepperoni & Cheese Calzone	340	20	35	13	5	5	30	3	510	2	500	8	250
Beef Burger (w/o Bun)	220	19	0	17	7	0	70	0	290	1	0	0	0	Philly Cheese Steak	400	24	34	19	8	4	60	4	744	3	447	28	190
Cheese Quesadilla	260	14	30	10	3	2	10	3	600	2	100	0	200	Pizza Sticks	300	14	32	14	5	2	10	4	780	1	0	0	300
Cheesy Bread	280	16	30	11	6	1	25	2	460	2	300	0	350	Pizza, Cheese	330	24	36	11	6	6	25	5	400	3	400	12	350
Chicken Enchilada	449	34	38	18	10	6	73	5	1032	2	804	9	567	Pizza, Pepperoni	345	26	36	12	6	6	30	5	453	3	438	12	350
Chicken for Chicken & Waffles	229	23	13	9	2	0	70	1	370	2	88	0	24	Pizza, Personal Pan	310	22	30	12	6	9	30	3	440	3	400	9	450
Chicken for Chicken Parmesan	220	21	15	8	1	2	63	1	491	2	59	0	31	Pizza, Southwest	330	23	36	11	6	5	30	6	560	3	300	4	300
Chicken Pot Pie	401	26	39	17	7	8	95	5	516	4	1975	5	87	Pizza, Stuffed Crust, Cheese	310	19	34	11	5	4	25	3	530	2	750	4	400
Chicken Strips (w/o Noodles or Bread)	108	19	1	2	0	0	65	0	432	0	0	0	0	Pizza, Stuffed Crust, Pepperoni	325	21	34	12	5	4	30	3	583	2	788	4	400
Chicken Tenders	229	23	13	9	2	0	70	1	370	2	88	0	24	Popcorn Chicken	279	13	18	17	4	0	53	2	462	2	96	1	0
Chicken Teriyaki (w/o Rice)	134	20	7	2	0	6	65	0	611	1	0	0	0	Pork Carnita (w/o Tortilla or Rice)	154	16	0	10	3	0	56	0	214	2	145	0	2
Chicken Teriyaki for Sub (w/o Roll)	134	20	7	2	0	6	65	0	611	1	0	0	0	Roasted BBQ Chicken	265	19	23	10	4	22	100	0	487	1	105	6	1
Chili	257	17	33	6	2	6	25	12	435	6	1600	20	97	Roasted Turkey Breast	81	18	1	1	0	0	35	0	564	0	0	0	0
Corn Dog Nuggets	254	10	30	9	2	1	60	3	418	2	0	2	90	Salad Topping - Cheese, Cheddar	79	8	1	5	3	0	16	0	203	0	177	0	253
Crispy Chicken Fillet (w/o Bun)	220	21	15	8	1	2	63	1	491	2	59	0	31	Salad Topping - Cheese, Mozzarella	90	7	0	7	5	0	20	0	95	3	400	0	350
Dragon Fire Chicken (w/o Rice)	213	13	25	7	2	18	46	0	507	1	214	6	2	Salad Topping - Chicken, Diced	37	7	0	1	0	0	22	0	142	0	0	1	0
Fish Fillet (w/o Bun)	160	11	16	6	1	1	35	2	250	1	0	0	20	Salad Topping - Roasted Chickpeas	90	4	13	2	0	3	0	4	136	1	0	0	0
General Tso's Chicken (w/o Rice)	239	13	28	8	2	19	46	1	396	1	843	23	16	Salad Topping - Turkey Breast, Diced	40	9	0	1	0	0	18	0	210	0	0	0	0
Grilled Cheese Sandwich	355	18	34	18	10	7	50	6	821	2	407	0	576	Salad Topping - Turkey Ham, Diced	60	5	1	2	1	1	30	0	205	0	0	0	10
Ham & Cheese Croissant	375	19	33	17	7	8	60	2	863	2	90	0	320	Southwest Chicken (w/o Tortilla or Rice)	117	20	2	2	0	1	65	0	516	0	21	0	22
Ham & Cheese Pull-Apart Bread Stic	270	22	28	8	4	2	25	3	590	2	300	0	250	Spicy Beef (for soft tacos w/o tortillas)	261	21	4	17	7	2	76	2	247	3	1002	13	49
Honey Fire Chicken (w/o Rice)	202	12	22	7	2	16	46	0	374	1	0	0	0	Spicy Beef (w/o Tortilla or Rice)	178	14	3	12	4	1	52	1	168	2	681	9	33
Hot Dog (w/o Bun)	190	7	1	16	7	1	35	0	340	1	0	0	20	Spicy Chicken (w/o Bun)	200	24	16	5	1	0	75	2	370	2	250	0	25
Kung Pao Chicken (w/o Rice)	177	11	17	7	1	7	42	1	412	1	421	20	17	Steak & Cheese Stromboli	477	22	54	18	9	4	55	5	925	2	359	0	174
Lasagna	380	21	36	17	8	16	47	5	260	6	1338	27	493	Steak Meat for Sub (w/o Roll)	131	11	2	9	4	0	39	0	237	1	0	0	5
Macaroni & Cheese	318	19	33	12	6	7	37	1	613	2	355	0	666	SunWise Sandwich	310	9	33	15	2	11	0	5	310	5	0	0	20
Marinara Sauce	108	3	17	3	1	14	1	3	132	1	794	24	74	Sweet & Sour Chicken (w/o Rice)	234	13	30	7	2	25	46	1	288	1	1121	6	10
Meat Sauce for Spaghetti	350	21	27	18	6	22	60	4	259	4	1181	37	133	Turkey Bacon Pieces	40	4	0	3	1	0	20	0	241	0	0	0	0
Meatballs (no sauce)	155	12	5	10	4	0	33	0	240	2	30	1	24	Turkey Sausage Links (4 Links)	119	16	0	6	0	0	60	0	318	8	0	0	0
Meatballs for Sub (w/o Roll)	196	13	12	11	4	6	33	1	282	2	342	10	47	Yogurt, All Varieties	180	6	38	0	0	29	5	0	105	0	0	2	600



	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)	Total Sugars (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)		Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)	Total Sugars (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
<b>CONDIMENTS</b>														<b>SALAD DRESSINGS</b>													
Barbecue Sauce (1 Pkt)	15	0	4	0	0	2	0	0	150	0	0	0	0	French Dressing (1 Tbsp)	65	0	4	6	1	3	0	0	105	0	50	0	0
Cheese Sauce (1 oz)	48	3	2	3	2	0	11	0	196	0	114	0	110	French Dressing, Pouch	170	0	9	16	3	8	0	0	170	0	200	0	0
Cheese Sauce (for Nachos)	95	6	3	6	4	0	22	0	392	0	227	0	220	Greek Dressing (1 Tbsp)	45	0	1	5	1	1	3	0	135	0	0	0	10
Cheese, American (1 slice)	38	3	1	2	1	1	8	0	145	0	45	0	144	Honey Mustard Dressing (1 Tbsp)	80	0	4	7	1	4	5	0	68	0	0	0	0
Cheese, Cheddar (1/2 oz)	40	4	0	3	2	0	8	0	102	0	89	0	127	Italian Dressing (1 Tbsp)	60	0	1	6	1	1	0	0	135	0	100	1	0
Cheese, Mozzarella (1/2 oz)	45	4	0	4	3	0	10	0	48	1	200	0	175	Italian Dressing, Pouch	180	0	4	18	3	3	0	0	420	0	100	0	0
Cheese, Parmesan (1 Tbsp)	22	2	0	1	1	0	4	0	76	0	43	0	55	Pomegranate Dressing (1 Tbsp)	35	0	5	2	0	5	0	0	90	0	0	1	0
Cheese, Pepper Jack (1 slice)	70	3	1	6	4	1	15	0	280	0	200	0	100	Ranch Dressing (1 Tbsp)	50	0	1	6	1	1	5	0	135	0	0	0	10
Chili Hot Dog Sauce (1 2/3 Tbsp)	25	1	3	1	0	0	2	1	155	0	524	0	8	Ranch Dressing, Pouch	140	0	7	13	2	2	10	0	380	0	0	0	20
Chocolate Yogurt Dip (2 Tbsp)	58	2	8	2	2	8	8	0	24	0	150	0	54	<b>COOKIES</b>													
Crackers (1 Pkg)	30	1	5	1	0	1	0	1	53	0	0	0	10	Cookie, Choc. Chip	138	2	25	4	1	12	14	3	125	1	41	0	14
Dip for Vegetables (2 Tbsp)	100	0	1	11	2	1	10	0	270	0	0	0	20	Cookie, Double Choc. Chip	137	2	24	4	2	13	17	2	135	1	44	0	13
Gravy (2 oz)	16	0	3	0	0	0	0	0	46	0	58	0	13	Cookie, Oatmeal Choc. Chip	140	3	23	5	2	11	16	3	147	1	43	0	13
Hot Sauce (1 Pkt)	0	0	0	0	0	0	0	0	100	0	0	0	0	Cookie, Sugar	139	2	25	4	2	12	13	3	146	1	77	0	11
Hot Sauce (1 tsp)	0	0	0	0	0	0	0	0	100	0	0	0	0	<b>SNACKS</b>													
Ketchup (1 Pkt)	10	0	2	0	0	2	0	0	25	0	0	0	0	Annie's Bunny Friends	160	3	25	6	1	9	0	3	110	1	0	0	250
Margarine (1 Pat)	25	0	0	3	0	0	0	0	40	0	200	0	0	Chips, Potato, Baked Lays BBQ	110	2	19	3	0	2	0	2	190	0	0	1	20
Marinara Dipping Cup	20	1	4	0	0	2	0	1	100	0	181	3	7	Chips, Potato, Baked Lays Original	100	2	20	2	0	2	0	2	160	0	0	1	20
Mayonnaise (1 Pkt)	82	0	0	9	1	0	5	0	76	0	8	0	1	Chips, Potato, Baked Lays Sour Cream	100	2	18	3	0	3	0	1	140	0	0	2	20
Mustard (1 Pkt)	4	0	0	0	0	0	0	0	62	0	4	0	3	Cinnamon Toast Crunch	110	1	22	3	1	8	0	2	160	4	400	5	80
Pickles (1/2 oz - 4 slices)	2	0	0	0	0	0	0	0	124	0	26	0	6	Cookies, Mini Butter Crunchers	150	2	22	6	2	11	10	2	135	1	0	0	0
Salsa (2 Tbsp)	10	0	2	0	0	1	0	1	70	0	500	6	20	Cookies, Mini Chocolate Chip	145	2	22	6	2	11	6	2	90	1	0	0	0
Salsa Verde (2 Tbsp)	10	0	2	0	0	1	0	1	200	0	100	6	0	Crispy Bites, Blueberry Lemon	120	2	21	4	1	8	0	2	60	1	0	0	0
Sour Cream (2 Tbsp)	40	2	2	3	2	2	10	2	25	0	200	0	40	Fruit Slushie Cup, SideKicks	80	0	20	0	0	19	0	0	45	0	1000	60	80
Syrup, Pancake (1.5 oz)	123	0	31	0	0	19	0	0	1	0	0	0	0	Harvest Cheddar SunChips Mix	110	2	15	4	0	2	0	2	200	0	0	0	0
Taco Sauce (1 Pkt)	5	0	1	0	0	1	0	0	73	0	56	0	0	Oatmeal Bites, S'Mores	150	2	24	6	2	9	0	2	125	0	0	0	0
Tartar Sauce (1 Pkt)	20	0	1	2	0	1	0	0	85	0	0	0	0	Popcorn, Kettle Style	120	2	21	5	0	9	0	2	100	1	0	0	0
Tomatoes, Diced (1/4 Cup)	14	1	3	0	0	2	0	1	3	0	570	9	7	Popcorn, White Cheddar	70	2	9	3	0	0	0	2	110	0	0	0	0
Whipped Topping (1 Tbsp)	13	0	1	1	1	1	0	0	0	0	0	0	0	Sunflower Kernels, Honey Roasted	170	5	4	14	2	1	0	2	110	2	0	0	20
Yogurt Dip (2 Tbsp)	56	2	8	2	2	8	8	0	24	0	150	0	54	Tostitos Scoops, Baked	110	2	19	3	0	1	0	2	115	0	0	0	20